

# DINNERLY



## Teriyaki-Glazed Chicken Meatballs with Snow Peas & Scallion Fried Rice



20-30min



2 Servings

Teriyaki sauce—aka the chameleon of condiments! From glazing meats to quick skillet cooking, it brings a deep umami flavor to anything it touches. It's the ideal sticky sweet sauce for this juicy chicken meatball and snow pea stir-fry over fluffy rice. We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- 1 oz scallions
- 4 oz snow peas
- 10 oz pkg ground chicken
- 1 oz panko <sup>1</sup>
- 1 pkt teriyaki sauce <sup>1,6</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- 1 large egg <sup>3</sup>
- neutral oil

### TOOLS

- medium saucepan
- rimmed baking sheet
- large nonstick skillet

### ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 640kcal, Fat 14g, Carbs 82g, Protein 46g

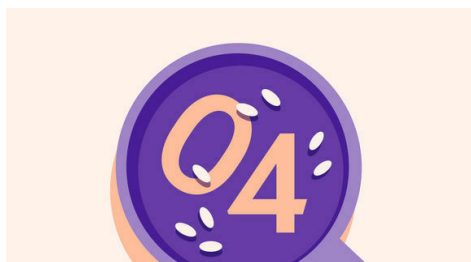


#### 1. Boil rice

(Due to supply issues, the green beans in this recipe have been substituted with snow peas.)

Preheat oven to 450°F with a rack in the center. Lightly oil a rimmed baking sheet.

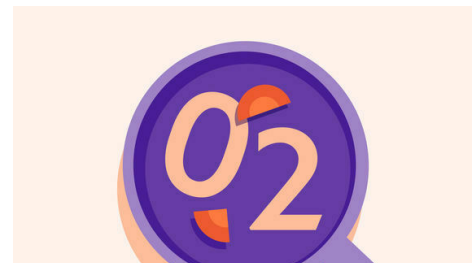
Fill a medium saucepan with **salted water**; bring to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 12 minutes.



#### 4. Bake meatballs

Bake **meatballs** on center oven rack until browned and cooked to 165°F internally, 10–12 minutes.

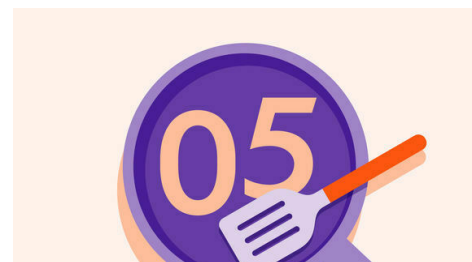
Meanwhile, in a second medium bowl, whisk to combine **teriyaki sauce** and **2 tablespoons water**. Season to taste with **salt and pepper**. Remove meatballs from oven. Using a slotted spoon, transfer to teriyaki sauce, stirring to coat. Cover to keep warm.



#### 2. Prep ingredients

Drain **rice** in a fine-mesh sieve, rinse with cold water, and drain well again. Spread out on a paper-towel lined plate to dry and cool.

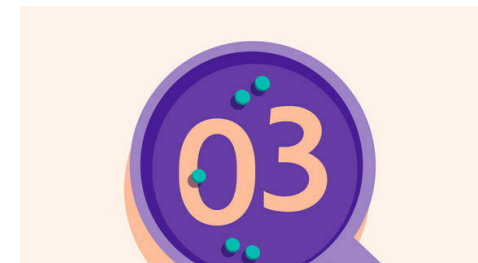
Finely chop **2 teaspoons garlic**. Trim ends from **scallions**, then thinly slice. Trim stem ends from **snow peas**.



#### 5. Cook fried rice & serve

Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **snow peas** and cook until tender, 2–3 minutes. Add **rice**, **remaining scallions and chopped garlic**, and **1 tablespoon oil**. Cook, pressing down to crisp rice and tossing occasionally, until warmed through, 3–4 minutes. Season with **salt and pepper**.

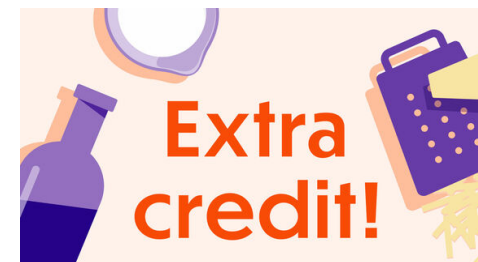
Serve **teriyaki meatballs** over **fried rice**. Enjoy!



#### 3. Make meatballs

Separate **1 large egg yolk** from white; discard white or save for own use.

In a medium bowl, combine **ground chicken**, **¼ cup panko**, **2 tablespoons of the scallions**, **egg yolk**, **1 teaspoon each of the chopped garlic and salt**, and **a few grinds of pepper**. Shape mixture into 8 meatballs (about 2 tablespoons each). Transfer to prepared baking sheet.



#### 6. Make it ahead!

Season and shape your meatballs the night before to speed up prep time. They can be stored in an airtight container in the fridge.